

Lotus Health Services

The Pranic Recipes And Long
Forgotten Cooking Techniques Of
Shaka Vansya Ayurveda
Part 1/3

In This Module You Will Learn

- Which utensils to have available in your kitchen
- What food basics to always have available
- Recipes of Shaka Vansya Ayurveda
- Cooking Techniques Of Shaka Vansya Ayurveda

Utensils

- Good cookware is essential. We recommend stainless steel pots as they cook evenly and are easy to clean.
- Coated pans are dangerous. If you choose to use them, then make sure you use plastic spoons and avoid scraping the coating.
- Replace the pan when the coating begins to chip or scratch.

Utensils

- ◉ Glass tops are helpful when cooking.
- ◉ Tops should be domed and have a lip that inserts into the pot.
- ◉ This allows for moisture to stay in the food.
- ◉ Ware-Ever Cookware at Wal-Mart is an inexpensive but excellent brand.

Utensils

- Large plastic spoons for stirring
- Spatula
- Flat griddle or pan
- Chapati Grill
- Mortar & Pedestal
- Stainless Steel Bowls of various sizes
- Blender
- Rolling Pin
- Rice Cooker
- Crock Pot
- Pastry Brush
- Coffee or Spice Grinder
- Glass Mason Jars for storing spices.
- Glass Containers For Grains – Inexpensive at Wal-Mart.
- Chauki – round wooden board for rolling dough.
- Good set of sharp knives
- Food Thermos

Where Do I Find All This Stuff?

Where To Start

- ◉ Wal-Mart is good for cookware, utensils and other kitchen wares.
- ◉ Asian Supermarkets often have a whole section of cookware. Usually they have lots of rice cookers.
- ◉ Indian supermarkets for Chauki, rolling pin and chapati grill.

Food Basics

Items To Always Keep In Your Kitchen

From The Organic Food Store

- Green Cardamom Pods
- Fennel Seeds
- Coriander Seeds
- Cumin Seeds
- Turmeric powder
- Whole Cloves
- Fenugreek Seeds
- Quinoa
- Sunflower seeds
- Raisins
- Split Yellow Mung Lentils
- Olive Oil
- Amaranth
- Whole Rolled Oats
- Organic Sugar
- Organic Butter
- Organic Milk
- Almonds
- Cashews
- Dates
- Walnuts
- Dried Cranberries
- Small Red Lentils
- French Lentils

From The Indian Or Asian Store

- ◉ Golden Temple Chapati Flour
- ◉ Tilda Brand Basmati Rice
- ◉ Curry Leaves
- ◉ Nigella or Kalonji Seeds
- ◉ Black Cardamom Pods
- ◉ Pomegranate Seeds
- ◉ Limes
- ◉ Fresh Coriander
- ◉ Fresh Ginger
- ◉ Paneer-if you don't make it fresh.
- ◉ Panch Foran (traditional mix of seeds for cooking)

Food

Where To Buy Food When You Are Ready To Cook

From The Organic Food Store

Apples

Pears

Other Sweet Juicy Fruit

Seasonal Vegetables such as:

Spinach, zucchini, broccoli, cauliflower,
asparagus, avocado, daycon radish etc.

Note: Asian stores often have a large
selection of vegetables at good prices.

From The Indian Store

Long Beans

Green Papaya

Ripe Papaya

Lauki Squash

Fenugreek Leaves (Methi)

Okra (usually much fresher and cheaper here)

Karela (bitter melon)

Jingi or Chinese Cucumber

30 Minute Lunch and Breakfast Prep

- One of the biggest challenges to getting healthy is having fresh food at every meal, especially lunch. My solution is to prepare my lunch in the morning and keep it in a food thermos so that it stays warm. You can buy a nice food thermos for about \$8 at Kmart:
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- I prep the food the evening before so I'm able to cook my breakfast and lunch in about 20 minutes before going to work. Lunch is the main meal of the day and this fast easy cooking before leaving the house is the way to go. [Here's How to do it.](#)

The Most Important Food To Eat

- Green protein is a recipe designed to stop the production of acidic toxins in the body.
- The most important detox is to STOP the productions of toxins in the body.
- This is the most important therapeutic food in your diet. We cannot EMPHASIZE this point enough. Please make this dish daily.

More About Green Protein

- The purpose of green protein is to micro encapsulate the protein in an antioxidant to prevent oxidation of the proteins in your diet. The effect is that you stop the production of toxins in your digestive system and provide an abundant source of amino acids for the synthesis of new proteins in your body. All of your neurotransmitters, hormones, neuropeptides etc. are made of protein. These chemicals are the intelligence of your body. So this food heals by allowing the intelligence of your body to function at an optimum level.
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- You can get the [recipe](#) from our website.

Snacks

- Never Skip or Delay Your Meals. If you get hungry between meals, then have a snack.
- You must have snacks available such are pears, or a nut mixture to eat in emergencies. On our website are recipes for [date nut roll](#) and [power cookies](#) just for this purpose.

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NUT MIXTURE:

Soak equal parts raisins, walnuts, almonds, and sunflower seeds overnight. Pat dry and keep in plastic bag to snack on when needed.

You can see all of our Recipes

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